CONCERNING HEALTH and BEAUTY By MRS. HENRY SYMES



any one could be completely ugly if she were the happy possessor of perfectly white and even

I know several people who actually go to the dentist's once each month to have their teeth overlooked and cleaned, cavities are to them unknown. Of course, a visit to the dentist is never a pleasant thing, but surely it is better to go regularly and suffer little than to go once a year and suffer much.

Today I want to tell you of a few ways to keep your teeth in good condition. and if you follow the directions carefully your teeth may have, or seem to have, charm and beauty of their own.

You see, the latest hat is a basinshaped affair which settles well down

OULD you like to have teeth over the head, hiding forehead and like pearls? Do you think that eyes and leaving only the mouth and teeth in view. It is said that it will be but a few months before the mouth will

be the only visible portion of the face.

so it will be a case of "by her teeth"

you must recognize her. Pretty teeth are white as snow and seemingly perfect in outline. The woman and the natural consequence is that who studies her expressions will take these conscientious souls never have particular pains to cultivate slightly such things as aches and pains, while parted lips, so the little pearls may show and be a credit to their owner. This parting of the lips must not see should be natural and unaffected.

To make the teeth white there could be nothing better than the juice of an apple, and if this delectable fruit is eatcided improvement will soon be no-

Of course, no one may expect to have good teeth unless the proper amount of care be lavished upon them. This means

Add other ingredients. Mix thoroughly, and sift through a fine bolting cloth,

After cleansing, dental floss should be run through the teeth, and this, if so desired, may be perfumed with a good cologne. It will give the breath a pleasant odor, and the alcohol used in the preservation of the cologne will help to clean and preserve the teeth.

Do not think if you let the teeth take care of themselves that you may hope to get through life without the aid of a false set. Teeth may not be replaced. ng, you know, spoils the look

One may not hope to attain the best effect if the lips are thin and white, for they must be red to show off in perfect en once a day with regularity a de- contrast the adjacent pearls. Therefore, after the teeth have gone through their daily doctoring, pinch the lips lightly with the thumb and forefinger. This will make them pink, and will develop the Cupid's bow so much admired by artists.



Airing Clothes

NEVER put away immediately in drawers or wardrobe any articles which have just been taken off. Hang them in a place which the air reaches for at least an hour. Put them away after having brushed and folded them.

Clothing which is not laundered should be hung out to air during the day, from time to time, turned wrong clothing which has been worn a long time, if not aired properly, contracts most disagreeable odors, and no perfume will conceal them.

Air, water, sunshine and fire have disinfecting qualities which are purifying; and we should know how to avail ourselves of them.

far firer skin than uncleanly people can boast.

Think of the unfortunates of the Middle Ages ignorant of the blessings of the bath! "One thousand years without baths!" exclaims Michelet in one of his histories. Think of the pestilence, the hideous diseases which at that time scourged poor humanity! In the time of Henry IV the habit of bathing was still rare, for it is recorded of one of the great men of the day that he asked why the hands should be washed and not the feet. How horrible!

If we knew the personal uncleanliness of the beautiful women of today at the court of King Sun we should involuntarily shudder with disgust. DVICE ON SOCIAL CUSTOMS

AIDS TO CORRESPONDENTS

WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this ofttimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

To Whiten the Arms

Dear Mrs. Symes: Can you tell me something to use to Dear Mrs. Symes:

Can you tell me something to use to whiten the arms, or something to use on them when going out so they will appear white, as they always look red; and what can I use to remove or soften the hard skin at the elbow? Will you also give me something to use on the face to make it smooth? After I put powder on, it always has a rough appearance. LOTTIE.

It may be that when you bathe your arms you use the water too hot. This would have a tendency to make them red. If you wish to bleach them, you will find the following formula very helpful:

Pure oxide of zinc.... Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the glycerine; next, the remainder of the rose-

Shake well, and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries, or it will be streaked. will be streaked.

At night, after bathing the elbows in warm water, rub a little sweet oil into them. If you are in the habit of leaning on your elbows, break yourself of it, for you can never hope to have pretty elbows as long as you rest your weight upon them.

It may be that the powder you use does not agree with your skin, and thus makes it rough looking. Use the following recipe for cream, and, if possible, refrain from using the powder for a while:

Mouth Wash

Dear Mrs. Symes: I would like to have the formula for a mouth wash—one that has a pleasant taste. ROSE. This recipe will make a very pleasant-tasting mouth wash:

Lotion of White Violets. (A Mouth Wash.)

For Blackheads

Dear Mrs. Symes:
Some one has told me that you have a green-scap treatment for blackheads.
Would you mind printing it again for my benefit?
GRATEFUL. I am very glad to reprint the recipe for the green-soap treatment. Green-Scap Treatment for

Blackheads. Theture of green soap...... 2 ounces Distilled witch hazu......... 2 ounces Let this mixture stay on only a few moments, then wash off with hot water. If the green soap irritates the skin, as it semetimes will use it every other day. Apply a cold aream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is about the consistency of custard. Open each seed acne with the point of a

fine cambric needle. The hardened mass neust be pressed or picked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into bolling water, as the use of any instrument, unless the skin, as well as the needle, is thoroughly cleansed, is always dangerous.

When in a Nightmare

Dear Mrs. Symes:
My little girl has nightmare so often.
What shall I do to waken her? I shake her and bathe her hands and face, but it does no good.
ANXIOUS MOTHER.
This is a condition which requires the attendance of a good doctor. I should lose no time in consulting one.

Skin Food

Dear Mrs. Symes:
Please publish a recipe for a good skin food. Also tell me what will keep the skin on the face from sagging. R. F. T.
You will find the following will make an excellent skin food:

Oil of sweet almonds...... White was White wax 6 drams
White wax 8 drams
Spermaceti 6 drams
Grams
Grange-flower water 2 ounces
Oil of heroli 5 drops
Oil of bigarade (orange skin). 15 drops
Oil of petit grain 15 drops
Melt the first three ingredients, add the
glycerine to the orange-flower water and
dissolve the borax in the mixture: then
pour it slowly into the blended fats, stir-Proper massage of the face will tone up the facial muscles and keep them from sagging. Cold water is also good.

Lotion for Premature Wrinkles Dear Mrs. Symes:

Some time ago I saw a recipe for a lotion for premature wrinkles, but have forgotten all the ingredients. Will you kindly publish it again?

EMILY. Here is the recipe to which you refer:

Rosewater 5 ounces Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

Yellow-Gray Hair

Dear Mrs. Symes:

Will you kindly tell me what causes gray hair to turn yellow, and how to remedy it? Said hair is exceptionally olly, even after a shampoo. Your advice as to treatment will be greatly appreciated by a TKENTON CORRESPONDENT.

I cannot say what causes gray hair to turn yellow, but I do know that this condition usually exists when the hair is changing color. You may find it helpful to put a pinch of washing soda or ammonia into the water when washing the head. This will also make the ing the head. This will also make the hair less oily.

Diet List

Dear Mrs. Symes:
My skin is in a very poor condition. Do you think I could improve it by dieting? If so, what should I eat?

SADIE. The following diet list will be a splendid one for you to follow: The following diet list may be adapted to aimost all skin diseases: MAY TAKE

Soups-Fresh fish soups, vegetable broths Soups-Fresh had soups, vegetable block-clear.
Fish-Raw oysters, fresh fish, boiled.
Fish-Raw oysters, fresh fish, boiled.
Meats-Fat bacon, boiled or broiled
chicken, game (all sparingly).
Farinaceous — Cracked wheat, catmeal,
rice, sago, hominy, whole wheat bread or
biscuits, rye bread, graham bread or rolls,
crackers, dry toast, milk toast, macaroni,
Vegetables-Mashed potatoes, green peas,
string beans, spinach, cabbage, cucumbers.

cresses, lettuce, celery.

Desserts — Plain milk pudding, junket, fice and milk, sago and milk, stewed fruits (all without sugar).

Drinks—Weak tea (no sugar), milk, buttermilk, toast water, pure water (cold or hot).
Thoroughly masticate all foods. Eat

MUST NOT TAKE

Veal, pork, goose, duck, turkey; salted, dried, potted or preserved fish or meat (except fat bacon), eels, mackerel, crabs, salmon, lobster, eggs, rich soups, gravies, patties, tomatoes, sweet potatoes, asparagus, mushrooms, rhubarb, lemons, pickies, vinegar, fried or made dishes, rich puddirgs, spices, pies, pastry, sweets, cheese, nuts, dried fruits, tobacco, coffee, cider, malt liquors, sweet wines, champagne, MUST NOT TAKE

Falling Hair-Freckles

Dear Mrs. Symes:

Will you kindly tell me something to do for my hair? I have used a great deal of borax on my hair, and I think that is the cause. It has been coming out in handfuls ever since, although I have not used any for about four years.

Also give me something for removing freckles. I tried one of your recipes—the one that rubbed up into a red paste—but it did no good. I have also used lemon juice and glycerine, but they still remain. They are mostly around my nose and around my eyes, and are very fine in quality.

No doubt you have used, too much borax on your hair. I believe that if you will rub a few drops of kerosene well into your scalp every night you will soon see an improvement. Brush your hair gently, being sure to remove all tangles, then arrange it in a braid all tangles, then arrange it in a braid for the night.

I am giving you two recipes for preparations to remove freekles. You will find either one of them very good:

To Increase Growth of Hair Dear Mrs. Symes:
Please publish as soon as possible a good hair tonic for falling hair and, as I have a very thin head of hair, something that will promote its growth, but nothing that will make the hair city.

ANXIOUS.

For hair that inclines to be oily you hatter tonic than the will find no better tonic than the quinine for which I am giving you the recipe:

Quinine Hair Tonic. Breathing Through the Nose

Dear Mrs. Symes:
What harm is done by breathing through
the mouth, and can this habit be stopped?
S. F. G. When the air passes into the throat through the nose it is warmed be-fore it reaches the throat, but with mouth-breathing this does not occur, so that there is great danger of the throat becoming sore; trouble may spread from the throat to the ear and cause deafness, or it may penetrate even as far as the lungs. There is also great liability to catch cold and contract disease of the vocal and

breathing apparatus. All these evils can be avoided by nose-breathing, which is really the natural way of breathing. Nose-breathing can be acquired and become habitual if one just makes a special effort. If there is any evidence of catarrh, the disease should be attended to immediately.

An Apple Eaten Daily

Will Whiten the Teeth. +

Scanty Eyebrows Dear Mrs. Symes:
Kindly publish as soon as possible a recipe to increase the growth of the eye-brows.
F. S. G.

Evelash Stain

Dear Mrs. Symes:
Will you please publish something that can be used to darken the evebrows besides the evebrow pencil; something that will not wash off or hurt the eyebrows or skin in wash off or hurt the eyebrows or skin in wash. any war?

The following is a recipe for an eye-

A Daily Bath

Dear Mrs. Symes:

Kindly tell me whether it is beneficial or weakening to take a daily bath. When is it best to take it, at night, just before retiring, or in the morning? A daily bath is very beneficial. If you are able to do so, take a cold bath every morning; if not, take a warm one before retiring.

Brilliantine and Walnut Stain Dear Mrs. Symes:
Will you kindly let me know through
your columns if the formula for brilliantine would be injurious to the hair if used
in connection with the walnut stain for the
hair? Supposing I were to use the walnut
stain today and tomorrow, or perhaps the
next day, brush my hair with brilliantine,
would that be the right thing to do?
INQUISITIVE.

It will do no harm to use the brilliantine while using the walnut stain. Of course, it will only be necessary to use it about once a week.

Hands Are Too Large Dear Mrs. Symes:
Will you please tell me what to do for my hands? They are getting wider all the time. Is there anything that will stop them becoming larger or that will take the fat off of them?

Mrs. J. H. S. Nothing can be done to decrease the size of the hands. If the hands are large, it is well to remember to have your sleeves made loosely at the wrist, for a tight wristband is very unbecoming to a large hand. Mrs Chester Adams

most cordially invites her friends tobring to her their Local Problems and Perplexities by letter at any time

and visiting uit.

THERE are pleasant guests and unpleasant guests. It is one of the greatest compliments a host or hostess may pay to say that the departed visitor belongs to the for-

To be a pleasant guest means that one must efface one's self and that no complaints must be uttered. If the hostess' children are sick, the popular girl must bear her share of the trouble; she must consent to forego the good times, the beaux and the parties. If the hostess is tired, the guest must be satisfied with a very quiet life and not be in the way too much.

I have in mind a few girls who visit and always ask if they cannot phone for Mr. Johnson to come to dinner. Then there is the other kind of guests, who never takes any interest in the gaieties planned, and the third kind, who makes her own engagements regardless of the plans of the hostess. All of these faults must be corrected if one expects to be always welcome.

If you are visiting a busy woman, retire to your room during her most occupied hours, so that she will not constantly be reminded by your presence that she must perforce neglect you. Be nice to the children of the house and help in little unobtrusive ways to show that you are interested. Do not seem to be bored during a quiet evening; you cannot always ex-

pect to be amused.

Be pleasant to all in the house, no matter what their position may be. Always be on time at neals, and do not appear at breakfast, be it ever so early, in anything but the proper costume for the occasion. the occasion.

If you are visiting in a house where there is but one bathroom, be very careful that you do not monopolize it, and that you do not interfere in any

arise at 5 o'clock and be out of the way of the family than to make them feel that they would be more comfortable

with you away. It is perfectly permissible to ask for whatever you require-towels, soap and such things-and you may feel sufficiently at home to use whatever is laid out for use, but do not be wilfully extravagant with anything.

The tactful girl will never demand the services of a maid, and when her dress fastens in some impossible wav she will tell her hostess and ask her advice. Better to do this than to be so much at home that the rest of the family are inconvenienced.

Be bright and jolly with every one, and do not intrude your ailments or and do not intrude your ailments or moods upon them. Guests are invited for the pleasure of the family they are visiting as well as for their own.

If there are older people in the house, be deferential and see that they are always comfortable. Do not be too proud or bashful to offer to run errands for any one. Take your own place in the family circle, and make that place such a happy one that every one is glad to have you occupy it.

If you play or sing, do not be always showing off your talent; but, on the other hand, never refuse to comply with any request your hostess may make.

other hand, never refuse to comply with any request your hostess may make.

My last bit of advice is, do not wear out your welcome. Should you be invited for "a few days," take it for granted that three days is the time meant, and even though your hostess asks you to say longer, be very sure that you are wanted before you accept. Remember, if you have not paid a long enough visit you will be asked again. A guest who is asked to stay a week should leave at the end of that time. A week does not mean ten days. Let your baggage be as little trouble as possible.

When you have gone home, never neglect to write a note to your hostess, thanking her for her kindness and for the pleasant time you have had. This should be sent within two days.

PERPLEXITIES SOLVED

To Improve Herself

DEAR Mrs. Adams.
I am in gleat perplexity and turn in despair to you for councel and advice. My husband has traveled extensively and is better educated than I. When out in company I feel so shy and backward and can never make myself agreeable. Can you help me to overcome this feeling?

MISUNDERSTOOD. Read "e daily papers and keep up

with questions of the day. Cultivate the habit of reading good books and learn to regard yourself as as good as anybody else. The art of being popular with your friends is to be a good listener. Do not think of abasing yourself. Always hold your own, and in the meantime read.

Pinching the

Lips to Develop

Daily Baths DAILY bath should be part of the

plungo daily into a bathtub, or if the

doctor forbids a plunge bath, the sponge

The human skin is a complicated net

whose meshes must be kept open and

unclogged, ir order that through them the body may throw off its impure secre-tions, which must be gotten rid of under penalty of pain and suffering, and some-

The healthy action of the skin is

touch of a strange hand is obje-ble.) Many fevers and contagio

eages might be avoided by these reans. In cases of internal inflammation, billous colic and congestion there is no surer remedy than the hot bath. This bath has also effected most astonishing cures of obstinate constipation. When a person has been exposed to a contagious disease he should immediately take a hot bath. There is always a possibility that the disease will pass out through the pores of the skin. It should be remembered that it is very important to cool off gradually. Cleanliness of the skin has a decided influence on the assimilation of food by the body. It is known that well opened pores make a far firer skin than uncleanly people can boast.

bath will prove sufficient for all pur-

poses of cleanliness or health.

moral laws of every class of so-(iety. If it is an impossibility to

You May Ask Him to Do So

Dear Mrs. Adams.

Will you please tell me if it is proper for me, when a young man stops to speak to me and is so forgetful that he does not remove his cigar, cigarette or pipe, as the case may be, to ask him to remove it? Or must I apparently overlook it, and has he any reason for being provoked if I should ask him?

You would be doing quite right to tell the young man to remove his cigar when he has stopped to speak to you. Explain to him that it brings a woman into unpleasant notice and shows lack of respect for her.

Escorts and Matrimony

Dear Mrs. Adams.

How often must, should and may a young man act as escort to a young lady when his intentions are not matrimonial and he wishes to not be a boor?

It is understood that the object is not matrimony; can either claim the attentions of the other as a right, or refuse the right of the other to be company for another to the point of monopoly?

When books and custom disagree, which is it better to follow on points of eliquette?

Has the above-mentioned lady a right to say that the man shall act as escort regularly every Sunday night, or any other time, for that matter, or vice versa? B. F.

A young man may escort a young

A young man may escort a young lady as often as she will allow him, whether his intentions are matrimonial or not, and certainly neither may claim the attentions of the other as a right, although the girl has at all times the right to refuse any invitation.

vitation.
I should say that when books and I should say that when books and custom disagree, the best thing to do is to follow custom. If you take consideration and deference to women as your standard, you cannot be far wrong in questions of etiquette.

I think the answer to your first question also answers your third, but I will repeat that no woman has the right to insist that a man be her escort at any time; neither has a man the right to usurp any such position. If they both regard it as an arrangement, then it is better to make it understood that whichever one tires of it must frankly say so.

How Long to Stay

Dear Mrs. Adams.

When invited out for dinner, how long should one stay after dinner?

PUZZLED. If the dinner is served at 7 o'clock or earlier, the guests usually stay until 10; but if the dinner is served at 8, one should not leave before 10.29.